

## Tilburg University

### Tiffs, tosses, and turns

Wen, J.; Klaiber, P.; Sin, N.

*Published in:*  
Innovation in Aging

*DOI:*  
[10.1093/geroni/igad104.1328](https://doi.org/10.1093/geroni/igad104.1328)

*Publication date:*  
2023

*Document Version*  
Publisher's PDF, also known as Version of record

[Link to publication in Tilburg University Research Portal](#)

*Citation for published version (APA):*  
Wen, J., Klaiber, P., & Sin, N. (2023). Tiffs, tosses, and turns: Effects of affective reactivity to interpersonal stressors during the day on nightly sleep. *Innovation in Aging*, 7(Supplement\_1), 401-402.  
<https://doi.org/10.1093/geroni/igad104.1328>

#### General rights

Copyright and moral rights for the publications made accessible in the public portal are retained by the authors and/or other copyright owners and it is a condition of accessing publications that users recognise and abide by the legal requirements associated with these rights.

- Users may download and print one copy of any publication from the public portal for the purpose of private study or research.
- You may not further distribute the material or use it for any profit-making activity or commercial gain
- You may freely distribute the URL identifying the publication in the public portal

#### Take down policy

If you believe that this document breaches copyright please contact us providing details, and we will remove access to the work immediately and investigate your claim.

Abstract citation ID: igad104.1328

**TIFFS, TOSSES, AND TURNS: EFFECTS OF AFFECTIVE REACTIVITY TO INTERPERSONAL STRESSORS DURING THE DAY ON NIGHTLY SLEEP**

Jin Wen<sup>1</sup>, Patrick Klaiber<sup>2</sup>, and Nancy Sin<sup>1</sup>, *1. University of British Columbia, Vancouver, British Columbia, Canada, 2. Tilburg University, Tilburg, Noord-Brabant, Netherlands*

**Background:** Sleep has been recognized as an antecedent as well as a consequence of daytime stress. However, less research has compared the role of different stressor types on same-night sleep in the context of daily life. Interpersonal stressors may be particularly important, given that social

stressors to elicit greater stress responses than other forms of stressors. This study tested the hypothesis that following days when a person exhibits greater negative affect (NA) reactivity to stressors (versus on days with less NA reactivity), sleep quality will be lower. This link between affective reactivity to stressors and subsequent sleep was expected to be more pronounced for interpersonal stressors versus non-interpersonal stressors. **Methods:** In this pre-registered study, 252 adults in British Columbia, Canada (ages 25 to 87y; 68% women; 64% White) completed mobile surveys 5x/day for 14 days to assess daily stressors and NA. Self-reported sleep quality was assessed in morning surveys. Multilevel-models tested daily stressors (interpersonal, non-interpersonal, or no stressors), daily NA (averaged across the day), and their interaction as predictors of subsequent sleep quality, controlling for prior-night sleep quality and sociodemographics. **Results:** Daily NA and stressor occurrence independently predicted poorer subsequent sleep quality. Stressor type moderated the relationship between NA and sleep quality, such that this association was stronger for interpersonal compared to non-interpersonal stressors. **Discussion:** The findings suggest that encountering interpersonal stressors may be particularly impactful to one's subsequent sleep. Future studies should consider investigating potential mechanisms that may underlie this association, such as pre-sleep cognitive, emotional, and physiological arousal.